



PLOVDIV AEROBICS FIG WORLD CUP 2018

FIG Registered Event ID: 15542



9th PLOVDIV CUP AEROBICS OPEN 2018

International Competition AG 1/ AG 2/ SENIORS

FIG Registered Event ID: 15795

International competition ND

26th – 28th of October 2018 - Plovdiv, BUL



WORKPLAN

15th of October 2018

DEAR FRIENDS,

We're very happy to Welcome the participating Federations at the Plovdiv Aerobics FIG World Cup 2018 and 9th Plovdiv Cup Aerobics Open 2018 – an International Aerobic Gymnastics Competition that will be held in the period of 24th – 29th of October 2018 in Plovdiv, Bulgaria and provide you with all information concerning the participation at the above mentioned events.

1. PARTICIPATING NATIONS

FIG WORLD CUP: Brazil / Egypt / Finland / Great Britain / Germany / Greece / Hungary / Japan / Peru / Portugal / Russia / Slovakia / Ukraine and Bulgaria

PLOVDIV AEROBICS OPEN: Algeria / Austria / Azerbaijan / Czech Republic / Egypt/ Finland / Great Britain / Germany / Greece / Hungary / Lithuania / Moldova / Portugal / Romania / Russia / Slovakia / Sweden / Turkey / Ukraine and Bulgaria

2. ORGANIZING COMMITTEE

Aerobic Union Bulgaria

Plovdiv 4003, Post box 44, Bulgaria

Tel: +359 887 607 909

E-mail: aerobicub@gmail.com

Contact person: Mrs. Dimitrina Kandeva - President Aerobic Union Bulgaria and
President of the LOC

3. LOCAL ORGANIZING COMMITTEE

Sports Club "Aerobics-AMD"

117, 6th Septemvri Blvd.; Plovdiv 4002, Bulgaria

Tel: +359 887 410 590

E-mail: didiaer@abv.bg

Web site: www.aerobic-amd.com

Contact person: Mrs. Valentina Angelova – President of SC "Aerobics-AMD" and
Vice-president of the LOC

4. COMPETITION VENUE

INTERNATIONAL FAIR PLOVDIV – **PAVILION N6**

37, Tzar Boris III Obedinitel Blvd.

Plovdiv 4003, Bulgaria

Web page: www.fair.bg/en/fair

5. ACCOMMODATION

Grand Hotel Plovdiv *****

4003 Plovdiv, Bulgaria

2, Zlatyu Boyadzhiev Str.

Tel.: +359 32 934 442

web page: <http://grandhotelplovdiv.bg/en/>

Hotel "Sankt Petersburg" ****

97, Bulgaria Blvd.

Plovdiv 4003, Bulgaria

Tel.: +359 32 91 03

Web page: www.sphotel.net

Hotel "Maritza"*****

42, Tzar Boris III Obedinitel Blvd.

Plovdiv 4003, Bulgaria

Tel.: +359 32 900 300

Web page: www.hotelmaritza-bg.net

Hotel "Nord" ***

4003 Plovdiv, Bulgaria

33a, Ibar Str.

Tel.: +359 32 947 979

web page: <http://hotelnord-bg.com>

6. COMPETITION DATES

FIG WORLD CUP: 27th and 28th of October 2018

PLOVDIV AEROBICS OPEN: 26th, 27th and 28th of October 2018

7. GENERAL PROGRAM

DATE/ TIME	DESCRIPTION	LOCATION
24 th of Oct. 2018 Wednesday	Arrival of delegations	
	Accreditation	Competition venue – Pavilion 6 – Ground floor - Office of the LOC
25 th of Oct. 2018 Thursday		
	DESCRIPTION	LOCATION
07:45 – 20:56	Podium training - Plovdiv Aerobics Open – according to the schedule (Appendix 1)	Warm up area, Training area and Competition hall
19:55 – 22:25	Podium training – FIG World Cup – according to the schedule (Appendix 2)	Warm up area, Training area and Competition hall
10:00 – 10:45	Orientation meeting – Head of delegations, Coaches, Judges	Competition venue – Pavilion 6 – 1 st floor Judge’s room
11:00 – 13:00	Judges meeting and instructions – All judges	Competition venue – Pavilion 6 – 1 st floor Judge’s room
26 th of Oct. 2018 Friday		
	DESCRIPTION	LOCATION
07:45 – 09:00	Judges Meeting and Draw - Plovdiv Aerobics Open	Competition venue – Pavilion 6 – 1 st floor Judge’s room
09:00 – 11:00	Qualifications – IW ND (N1 - N30) / IW AG1 (N1 - N30)	Competition hall
11:00 – 11:15	BREAK	
11:15 – 12:45	Qualifications – IW ND (N31 – N52) / IW AG1 (N31 – N52)	Competition hall
12:45 – 14:45	LUNCH BREAK	
12:00 – 15:20	Podium training – FIG World Cup – according to the schedule (Appendix 2)	Warm up area, Training area and Competition hall
14:45 – 15:30	Judges meeting Plovdiv Aerobics Open	Competition venue – Pavilion 6 – 1 st floor Judge’s room
15:30 – 17:35	Qualifications – IW ND (N53-N63) + IM AG1 (20) / IW AG1 (N53 – N83)	Competition hall
17:35 – 17:50	BREAK	
17:50 – 18:25	Finals - IM S (2) + MP S (1) + TR S (1) + GR S (1) / Qualifications IM AG2 (10)	Competition hall
18:25 – 19:45	Qualifications - TR ND (N1-N20) / TR AG1 (N1-N20)	
19:45 – 20:00	BREAK	Competition hall
20:00 – 21:10	Qualifications - TR ND (N21-N37) / TR AG1 (N21-N31) + Finals - GR AG2 (7)	

27 th of Oct. 2018 Saturday	DESCRIPTION	LOCATION
08:15 – 09:30	Judges Meeting and Draw – Plovdiv Aerobics Open	Competition venue – Pavilion 6 – 1 st floor Judge’s room
09:30 – 11:15	Qualifications – IM ND (14) / MP AG1 (14) TR AG2 (12) / MP ND (12)	Competition hall
11:15 – 11:25	BREAK	
11:25 – 12:50	Qualifications – GR ND (21) / GR AG1 (14) Finals MP 15-17 (7)	Competition hall
12:50 – 14:00	LUNCH BREAK – Judges	
13:00 – 13:20	Award Ceremony – GR 15-17 / MP 15-17 / IM S / MP S / TR S / GR S	Competition hall
13:20 – 15:00	BREAK	
14:00 – 15:00	Judge’s meeting and Draw Qualifications – FIG World Cup	Competition venue – Pavilion 6 – 1 st floor Judge’s room
15:00 – 15:20	OFFICIAL OPENING CEREMONY – All Nations	Competition hall
15:20 – 16:25	Qualifications FIG World Cup – IW (18) / GR (3)	Competition hall
16:25 – 16:35	BREAK	
16:35 – 17:35	Qualifications FIG World Cup – IM (7) / TR (5) / MP (7)	Competition hall
17:35 – 18:00	BREAK	
18:00 – 19:40	Qualifications - IW AG2 (N1 - N25) / IW S (25)	Competition hall
19:40 – 19:50	BREAK	
19:50 – 21:00	Qualifications – IW AG2 (N26 – N47)	Competition hall
28 th of Oct. 2018 Sunday	DESCRIPTION	LOCATION
08:15 – 09:30	Judges Meeting and Draw Finals Plovdiv Aerobics Open	Competition venue – Pavilion 6 – 1 st floor Judge’s room
09:30 – 10:05	Finals IW ND / TR AG1	Competition hall
10:05 – 10:40	Finals IM ND / MP AG1	Competition hall
10:40 – 11:15	Finals IM AG2 / GR AG1	Competition hall
11:15 – 11:30	BREAK	
11:30 – 12:05	Finals TR ND / TR AG2	Competition hall
12:05 – 12:40	Finals MP ND / IW AG1	Competition hall
12:40 – 13:15	Finals IW S / IW AG2	Competition hall
13:15 – 13:50	Finals GR ND / IM AG1	Competition hall
13:50 – 14:45	LUNCH BREAK – Judges	

28 th of Oct. 2018 Sunday	DESCRIPTION	LOCATION
14:00 – 14:20	Award Ceremony Plovdiv Aerobics Open Part 1 – AG ND all categories	Competition hall
14:20 – 14:40	Award Ceremony Plovdiv Aerobics Open Part 2 – AG1 all categories	Competition hall
14:40 – 15:00	Award Ceremony Plovdiv Aerobics Open Part 3 – AG2 – IW/ IM/ TR and S – IW	Competition hall
14:45 – 16:00	Judge’s meeting and Draw Finals - FIG World Cup	Competition venue – Pavilion 6 – 1 st floor Judge’s room
16:00 – 17:30	Finals – IW / GR / IM / TR / MP	Competition hall
17:35 – 18:00	Award ceremony Plovdiv Aerobics FIG World Cup	Competition hall
18:00 – 18:15	Award Ceremony FIG WORLD CUP 2018 WINNERS	Competition hall
20:30	Farewell banquet	St.Petersburg Hotel
29 th of Oct. 2018 Monday	Departure of Delegations	

8. RULES AND REGULATIONS

The competition is organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in the Directives:

- Statutes
 - Code of ethics
 - Technical Regulations
 - Code of Points and relevant Newsletters
 - Licenses Rules
 - World Cup Rules for Aerobic Gymnastics
 - General Judges Rules
 - Specific Judges’ Rules for Aerobic Gymnastics
 - Medical Organization of the Official FIG Competitions
 - Doping Control Rules
 - Media Rules
 - Apparatus Norms
 - Advertising and Publicity Rules
 - Accreditation Rules
 - Regulations for Awards Ceremonies
- and subsequent decisions of the FIG Executive Committee

9. JUDGES AND JURIES

All registered judges should be in a possession of a valid FIG Brevet for the current cycle (2017-2020).

FIG WORLD CUP: There will be one judging panel. The judging panel will consist of: 1 Chair of Judge's Panel; 2 Difficulty Judges; 4 Artistic Judges; 4 Execution Judges; 1 Time Judge; 2 Line Judges. The position of the judges will be decided by a draw on the day before the respective competition.

PLOVDIV AEROBICS OPEN: There will be two judging panels. Each judging panel will consist of: 1 Chair of Judge's Panel; 2 Difficulty Judges; 4 Artistic Judges; 4 Execution Judges; 1 Time Judge; 2 Line Judges. The position of the judges will be decided by a draw on the day before the respective competition.

For both events: All registered judges should attend all meetings/ instructions and draws as scheduled in the General Program. Judges who do not participate in the meetings/ instructions and draws will not be authorized to judge and will respectively receive warnings or other sanctions.

The appointed FIG Technical Delegate who will act as a Superior Jury for the events is Mrs. Svetlana Lukina – Member of the FIG Aerobic Gymnastics Technical Committee.

10. APPARATUS SUPPLIED

Gymnova Aerobic Floor, FIG Certified.
Reference number: 6630 Aero Floor One

11. AGE LIMIT & CATEGORIES

FIG WORLD CUP: Seniors – 18+ (born 2000 or before) – IW/ IM/ MP/ TR/ GR

PLOVDIV AEROBICS OPEN:

Seniors – 18+ (born 2000 or before) – IW/ IM/ MP/ TR/ GR

AG2 – 15-17 (born 2001-2003) – IW/ IM/ MP/ TR/ GR

AG1 – 12-14 (born 2004-2006) – IW/ IM/ MP/ TR/ GR

National Development – 9-11 (born 2007-2009) – IW/ IM/ MP/ TR/ GR

12. PARTICIPATION AND SIZE OF DELEGATION

The maximum size of delegation is set in the Directives for the events.

13. COMPETITION FORMAT

FIG WORLD CUP: The competition consists of Qualifications and Finals in all 5 categories.

Qualifications:

Participation is limited to 2 per Category and Nation.

Finals:

The top 8 (eight) competitors from the Qualifications in each category will take part in the Finals.

In addition, if the organizing federation has not qualified competitors in any category, it may nominate one participation in max.1 category of its choice. Maximum participation in the Finals is therefore 8+1 participants in one category and 8 in the other four categories.

PLOVDIV AEROBICS OPEN: The competition consists of Qualifications and Finals for all Age Groups and Categories.

Qualifications:

The registered gymnasts in the different Categories and Age Groups will take part in the Qualifications. If less than 9 units in a Category, no Qualifications will be held.

Finals:

The top 8 (eight) competitors from the Qualifications in each Age Group and Category will take part in the Finals (**maximum two per Category and Nation**).

For the categories MP AG 15-17 / GR AG 15-17, as well as IM / MP / TR and GR Seniors there will be only Finals.

In addition, if the Organizing Federation has not qualified competitors in any category in one Age Group, it may nominate one participation in max.1 Category of its choice in the respective Age Group.

14. NAME CHANGES

Name changes are allowed as per FIG TR, Reg.4.2. The request for a name change must be made in writing by using the attached **Appendix 7 – for the Plovdiv Aerobics Open** and **Appendix 8 – for the FIG World Cup** and accompanied by a comprehensive medical report in English language.

15. TRAINING AND COMPETITION AREAS

15.1. Warm up area:

The Warm up area is situated on the second floor. During the Podium trainings on 25th and 26th of October 2018, as well as during all competitive days each participating Nation has an optional Warm up of 45 minutes as indicated in the Schedules – Appendix 1 & 2, Appendix 5 & 6.

15.2. Training Area:

The training area is situated on the first floor. It will be equipped with an aerobic floor, identical to the competition floor, marked 7x7m and 10x10m for a specific warm up.

There will be a CD player at this area. Gymnasts should bring their own CD or memory stick for the training podium if they want to use the player.

FIG WORLD CUP: During the Podium trainings on 25th of October 2018 the time scheduled for each Nation is based on the number of routines and is 2 minutes per routine. On 26th of October 2018 the time is 3 minutes per routine.

PLOVDIV AEROBICS OPEN: For the trainings on 25th of October 2018 of the participants in the Plovdiv Aerobics Open the time depends on the number of routines for each Nation - the time for 1 routine is 1 min 30 sec.

During the competitions a unit has 2 / 3 minutes at the training podium as scheduled in the Starting tables – Appendix 5 & 6.

15.3. Competition Podium:

The competition podium is situated on the ground floor. The music used there during the official podium trainings and competitions will be the one sent in advance by the participating Nations.

FIG WORLD CUP: During the Podium trainings on 25th of October 2018 the time scheduled for each Nation is based on the number of routines and is 2 minutes per routine. On 26th of October 2018 the time is 3 minutes per routine.

PLOVDIV AEROBICS OPEN: For the trainings on 25th of October 2018 of the participants in the Plovdiv Aerobics Open the time depends on the number of routines for each Nation - the time for 1 routine is 1 min 30 sec.

In order to be well prepared and not loose time we would like to ask that each Federation fills **in advance** the attached “Order for podium training” forms: for Plovdiv Aerobics Open – Appendix 3 and for the FIG World Cup – Appendix 4.

The Nations taking part in Plovdiv Aerobics Open have to send this form – Appendix 3 filled in in advance – **latest 19th of October 2018!!!**

The Nations taking part in the FIG World Cup have to submit the form – Appendix 4 during the accreditation.

During all trainings delegations must respect the training times and areas!!!

16. OFFICIAL OPENING CEREMONY

The Official Opening Ceremony will take place on **27th of October 2018 - Saturday from 15:00 to 15:20, before the beginning of the Qualifications for the FIG World Cup.** All Nations taking part in **both** events have to take part at the Official Opening Ceremony.

The Nations will be presented by the competitors during 16 counts (two eights). The presentation of Nations will be done in alphabetical order. The host country will be last. Further information will be given during the Orientation Meeting.

17. AWARD CEREMONIES

The Award ceremonies will take part as scheduled in the General Program. The top 3 gymnasts/ units will be invited on the awarding podium.

More information will be given during the Orientation meeting on 25th of October 2018.

18. AWARDS

FIG WORLD CUP:

- A trophy will be handed to the winners in each category.
- For the Top 3 competitors in each category medals and diplomas will be presented.
- Diplomas will be presented for all the finalists.
- A diploma of participation will be given to all official members of the delegations.
- For the Top 3 competitors in each category there will be prize money awards. The Prize Money, free of any deductible taxes, will be distributed in Euros (equivalent to 8 950 CHF) as follows:

For Tournaments Category B:

Category	Gold	Silver	Bronze
Individual Men	435 EUR	220 EUR	90 EUR
Individual Women	435 EUR	220 EUR	90 EUR
Mixed Pairs	870 EUR	435 EUR	175 EUR
Trios	1 305 EUR	655 EUR	260 EUR
Groups	1 305 EUR	870 EUR	435 EUR

PLOVDIV AEROBICS OPEN:

- The winner in each Category and Age Group will be awarded with a Trophy. If less than 3 units only medals will be handed.
- For the Top 3 competitors in each Category and Age Group medals and diplomas will be presented.
- Diplomas will be presented for all the Finalists.
- A diploma for participation will be given to all official members of the delegations.
- As a tradition a special Trophy will be handed in honor of Prof. Maria Mineva.

19. WINNER OF THE ANNUAL WORLD CUP

Due to the fact that Plovdiv Aerobics FIG World Cup is the last World Cup event for the 2018 year the Winners of the annual World Cup will be announced and awarded with a Trophy.

The winner is the Individual gymnast/ Pair/ Trio/ Group with the highest number of points of the World Cup Ranking List after the last event.

A special award ceremony will be held on **28th of October 2018 at 18:00**, immediately after the Award Ceremony of the Plovdiv Aerobics FIG World Cup.

20. MEDICAL

19.1. Insurance

The Host Federation, the Organizing Committee and the FIG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation **for all the members of their Delegation. The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy)**. There will be no possibility to make insurance during the accreditation so we strongly recommend arranging this in your country and be prepared when you arrive!!!

19.2. Medical Services

During the Trainings and Competitions the LOC will provide medical services. An appointed persons will be available during those times.

19.3. Doping control

FIG WORLD CUP: Doping controls will be made as per the Doping Control Regulations of the FIG and WADA. The doping controls may take place at any time during the training, podium training or competition times.

The doping controls will be done by representatives of the Bulgarian Anti-doping Agency and the tests will be analyzed in the WADA licensed doping laboratory in Vienna, Austria.

21. TRANSPORTATION

20.1. International transportation

The travel costs of the participating delegations members are at each delegations own expenses.

For those delegations travelling by air plane: In case of heavily delayed or canceled flights, please immediately contact Miss Stefani Atanasova – member of the LOC in charge with the transportation and transfers – by calling +359 884 484300.

For those delegations that are travelling by their own bus or are accommodated on their own: When you arrive in Plovdiv, please contact the LOC and if the Accreditation desk is open, come first to the Competition venue in order to make the accreditation for your Nation.

20.2. Local transportation

Detailed information on the conditions is set in the Directives for the event.

The LOC will provide local transportation to all members of the delegations as requested in advance by the Federations.

At Sofia Airport there will be a member of the LOC who will meet all delegations that have requested local transportation and will assist them to the bus. Depending on the arrival time and number of people some Nations might be asked to wait a little bit for some other participants. We thank you in advance for your understanding and cooperation!

Plovdiv is at about 130km away from Sofia and it takes about 1 ½ hour to get there.

During the accreditation the return flight schedules will be verified.

The delegations that have requested local transportation will receive additionally information from the Local Organizing Committee for the departure time from the hotels. The time indicated in the departure schedule is the time when the bus leaves the hotels. Check-outs should be done in advance!!!

20.3. Shuttle services

On 25th, 26th, 27th and 28th of October 2017 there will be a shuttle service for all members of delegations who are accommodated through the LOC in “Sankt Petersburg” hotel. The schedule of the shuttle service from “Sankt Petersburg” hotel to the Competition venue and back will be distributed during the accreditation.

Grand Hotel Plovdiv, “Maritza” hotel and “Nord” hotel are situated across the Competition Venue so there will be no shuttle service from/to these hotels.

22. ACCREDITATION

On 24th of October 2018 – Wednesday the Accreditation desk will work in the period of 12:00 to 17:30.

The accreditation desk is situated in the Competition Venue – **International Plovdiv Fair – Pavilion 6 – ground floor - the office of the LOC.**

All Nations who arrive in Plovdiv **before 17:00** will be accredited on the same day – **24th of October 2018** in the office of the LOC in the Competition Venue.

For the late arrivals the accreditation will be done on **25th of October 2018** – Thursday, morning in the period of **08:00 – 09:30**. The accreditation should be done before the Orientation meeting!!!

During the Accreditation the Head of delegation will be asked to check in the names of the members of the delegation and confirm that they are correct.

During the Accreditation the Head of Delegation has to:

- Show passports of each member of the delegation.
- Hand in copy of passports of the gymnasts and judges. The copies should be placed in the respective passport.
- Show the Insurances for each member of the delegation.
- Hand in the Order for Podium training for the FIG World Cup - Appendix 4.
- Verify the return flight schedules – for those who have requested transfer from Plovdiv to Sofia.
- Inform the Local Organizing Committee for an e-mail address to which the results and starting tables will be sent during the events.
- Make the necessary payments to the Local Organizing Committee (if needed). Payments should be done in Euro.

Each official member of the delegation will receive an Accreditation card. It is important and compulsory to wear the accreditation card when going to the Competition Venue.

No entry in the Competition Venue will be possible without the accreditation card!!!

23. ADDITIONAL INFORMATION

23.1. Accommodation and meals

The accommodation in the official hotels includes breakfast which will be served in the respective hotels.

Lunch and dinner will also be served in the respective hotels for those delegations that have requested it in advance. Information about the times will be given during the accreditation.

The check-in time in the hotels is after 14:00.

The check-out time from the hotels is latest 12:00 on the day of departure and should be strictly respected. Any additional services used are at the delegations own charge and should be paid before checking-out.

The parking of “St.Petersburg” hotel has a charge of 10lv. for a car and 20lv. for a bus for a 24 hour period. If it is used it should be paid by the respective Nation latest at the check-out.

23.2. Farewell banquet

On 28th of October 2018 at 20:30 there will be a Farewell banquet in the Restaurant of hotel “St.Petersburg” for all members of the delegations who have requested and paid for it.

The LOC will hand in a schedule for a shuttle for the farewell banquet from the official hotels to St.Petersburg hotel and back.

During the accreditation the Head of delegation will receive the respective number of Farewell Party tickets. Access to the Farewell banquet will be given only with this tickets.

The relevant diplomas for ranking of the Finalists will be distributed during the banquet.

23.3. Weather

The weather in Plovdiv during October is usually around 15-20 degrees C. We suggest that you check the weather forecast via internet before departure to Bulgaria.

23.4. Currency

The official currency in Bulgaria is “lev”. 1 lev is divided into 100 “stotinki”. As per 9th of October 2018 the exchange rate is:

1 Euro - approximately 1.95 lev

1 USD - approximately 1.60 lev

23.5. Distribution of information, results, schedules

All information, results, schedules, starting tables will be available in the mail boxes placed in the office of the LOC at the competition venue. The documents will be presented to the Head of the delegation. Please, check the mail boxes regularly.

Each Nation is responsible to have the Work Plan in advance. Only changes to it and the schedules will be handed.

During the Qualification days results will be printed after each session or after the respective category is over and placed in the respective mail boxes. The results from the last sets, the results from the Finals, as well as the Starting tables for the Finals will be sent by e-mail to the e-mail address presented during the accreditation.

The complete set of Results will be sent to each participating Federation by e-mail, after the competitions are over.

During the Orientation Meeting on **25th of October 2018 at 10:00** in the Competition Venue – Judge’s room, detailed information regarding the competition will be given.

If you need some more information in advance, please do not hesitate to contact us.

LOOKING FORWARD TO WELCOME YOU IN PLOVDIV!!!



Mrs. Dimitrina Kandeve
President AUB and LOC



Mrs. Valentina Angelova
Vice president of the LOC

Attachments:

1. Appendix 1 – Podium training schedule – **Plovdiv Aerobics Open**
2. Appendix 2 – Podium training schedule – **FIG World Cup**
3. Appendix 3 – Order for podium training – **Plovdiv Aerobics Open**
4. Appendix 4 – Order for podium training – **FIG World Cup**
5. Appendix 5 – Starting tables – Qualifications
6. Appendix 6 – Starting tables – Finals
7. Appendix 7 – Change of start list – **Plovdiv Aerobics Open**
8. Appendix 8 – Change of start list – **FIG World Cup**